



October 7-13, 2013
Cycle 3

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

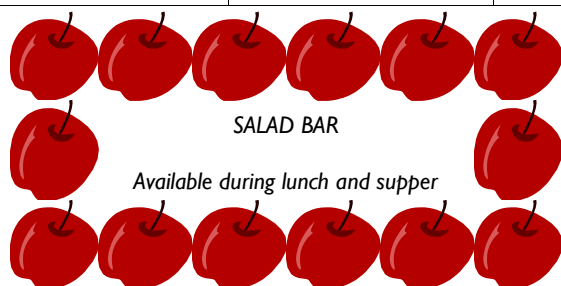
For more information, please visit the FNS website:

<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



****Please note: Items are subject to change based on availability without prior notice****

Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13
Cocoa puffs or WW toast Mixed fruit or Orange juice Hard cooked egg Milk	Maple waffle or Frosted mini wheats Banana or Apple juice Danimal vanilla yogurt Milk	Breakfast bar (H&C) or WW toast Peaches or Crasberry juice Milk	<i>The Brit</i> WW tortilla or WW toast Scrambled eggs/Bacon/Beans Pears or Orange-tangerine juice Milk	Banana loaf WG or WW toast Mandarin orange sections or Grape juice Danimal vanilla yogurt Milk		
Chicken fritters or Veggieburger patty WW breadstick Broccoli salad Peaches Milk	Crispitos Seasoned pinto beans Melon cup Milk	Popcorn chicken Glazed carrot coins Corn muffin Sidekick S/M Milk	Beef breaded patty on WW bun or Veggieburger on WW bun Seasoned potato twisters Mixed fruit Milk	Chicken salad on wheat or Veggie croissant Coleslaw Pineapple Milk	Cheese enchilada Refried beans Corn Strawberry gusher Milk (lettuce/salsa)	Corndog Vegetarian baked beans Mandarin orange spinach salad Cookie Milk (relish/chopped onions)
Beef fingers Seasoned potato twisters Vanilla ice cream Milk (BBQ sauce/catsup)	Oven fried chicken Vegetarian baked beans Potato salad Cookie Milk (BBQ sauce/catsup)	Stuffed crust cheese pizza Stuffed crust pepperoni pizza Tossed salad w/ ranch Fruit rollup Milk	Chimichanga Refried beans Cookie Milk (lettuce/cheese/salsa)	Chicken mini empanada Chili con carne Brownie Milk	Italian meatball on bun California blend vegetables Apricots Milk (parmesan cheese)	Chicken nuggets Tater tots Capri blend vegetables Fruit salad Milk (barbecue sauce)



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

- ⇒ **Must have 3 components at breakfast**
- ⇒ **Must take the fruit or vegetable component (or combination of fruit and vegetable) and 2 other components from 5 different components (food groupings) at lunch**

Breakfast:	6:45-7:45am Monday-Friday
Lunch:	11:30am-1:10pm Monday-Thursday
	11:30am-1:00pm Friday
Saturday & Sunday Lunch:	12:15-1:15pm
Supper:	4:30-6:00pm Monday-Thursday
	4:30-5:30pm Friday
Saturday & Sunday Supper:	4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to jeanne.foster@asdb.az.gov

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).